

Spring Warm Up 2017 - Track Results

70m Mini Hurdles 1

<u>Pos</u>	<u>Num</u>	<u>U11 Girls</u> <u>Name</u>	<u>NWR</u> <u>Club</u>		<u>Time</u>
1	20	Rosie Northcott	City of Plymouth AC	U11G	15.3
2	191	Olivia Eadie	City of Plymouth AC	U11G	16.7
3	49	Lilli-Anna Nudd	Erme Valley Harriers	U11G	22.5

70m Mini Hurdles 1

<u>Pos</u>	<u>Num</u>	<u>U11 Girls</u> <u>Name</u>	<u>NWR</u> <u>Club</u>		<u>Time</u>
1	21	Poppy Northcott	City of Plymouth AC	U11G	14.4
2	81	Kareena Bijou	Torbay AC	U11G	17.8
3	44	Lara Dix	Tavistock AC	U11G	18.4

70m Mini Hurdles 1

<u>Pos</u>	<u>Num</u>	<u>U11 Girls</u> <u>Name</u>	<u>NWR</u> <u>Club</u>		<u>Time</u>
1	170	Saskia Brisley	City of Plymouth AC	U11G	17.4
2	117	Honey Buckingham	Torbay AC	U11G	17.7
3	138	Holly Ridgway	Torbay AC	U11G	24.0

70m Mini Hurdles 1

<u>Pos</u>	<u>Num</u>	<u>U11 Boys</u> <u>Name</u>	<u>NWR</u> <u>Club</u>		<u>Time</u>
1	112	Joshua Taylor	Torbay AC	U11B	12.5
2	105	Aiden Patterson	City of Plymouth AC	U11B	17.5
3	135	Joshua Smith	Exeter Harriers	U11B	19.1

70m Mini Hurdles 1

<u>Pos</u>	<u>Num</u>	<u>U11 Boys</u> <u>Name</u>	<u>NWR</u> <u>Club</u>		<u>Time</u>
1	73	Daniel Childs	City of Plymouth AC	U11B	15.7
2	169	Sebastian Brisley	City of Plymouth AC	U11B	16.0
3	32	Fraser Abbiss	Newquay & Par	U11B	16.5

70m Hurdles Heat 1

<u>Pos</u>	<u>Num</u>	<u>U13 Girls</u> <u>Name</u>	<u>Wind: + 0.0</u> <u>Club</u>		<u>Time</u>
1	12	Elysia Morris	City of Plymouth AC	U13G	13.4
2	78	Ella Isaias	Erme Valley Harriers	U13G	14.3
3	5	Lili (Aliyah) Fern	City of Plymouth AC	U13G	14.3
4	1	Hannah Clemo	Newquay & Par	U13G	15.7

70m Hurdles Heat 2

<u>Pos</u>	<u>Num</u>	<u>U13 Girls</u> <u>Name</u>	<u>Wind: + 1.3</u> <u>Club</u>		<u>Time</u>
1	67	Erin Muldoon	City of Plymouth AC	U13G	13.6
2	157	Hannah Walker	Tavistock AC	U13G	17.0
3	145	Nina Trachet	City of Plymouth AC	U11G	17.1
4	62	Grace Wonnacott	Tavistock AC	U13G	17.4

75m Hurdles

<u>Pos</u>	<u>Num</u>	<u>U13 Boys</u> <u>Name</u>	<u>Wind: + 1.9</u> <u>Club</u>		<u>Time</u>
1	15	Noah Jones	City of Plymouth AC	U13B	14.7
2	132	Matthew Newton	City of Plymouth AC	U13B	16.0
3	45	Jacob Holland	Tavistock AC	U13B	16.2

75m Hurdles**U15 Girls****Wind: + 0.1**

Pos	Num	Name	Club		Time
1	192	Rebecca Eadie	City of Plymouth AC	U15G	15.6
2	121	Hanna Ulvede	Newton Abbot AC	U15G	15.6
3	101	Samara Wright	City of Plymouth AC	U15G	17.2
4	40	Isadora Oliver-Davidson	Newton Abbot AC	U15G	17.6

80m Hurdles**U15 Boys****Wind: + 0.9**

Pos	Num	Name	Club		Time
1	38	Henry Curtis	City of Plymouth AC	U15B	15.1
2	131	Daniel Carr	City of Plymouth AC	U15B	17.9

100m Hurdles**Vet Men****Wind: - 0.6**

Pos	Num	Name	Club		Time
1	37	Stephen Blackford	City of Plymouth AC	VM	24.1

300m Hurdles**U17 Women**

Pos	Num	Name	Club		Time
1	18	Molly Mather	City of Plymouth AC	U17W	48.7

400m Hurdles

Pos	Num	Name	Club		Time
1	50	Maisie O'Leary	City of Plymouth AC	U20W	74.2
2	35	Tamzin Gribble	City of Plymouth AC	F35	82.4
3	37	Stephen Blackford	City of Plymouth AC	VM	86.0

75m Heat 1**U11 Girls****Wind: - 1.3**

Pos	Num	Name	Club		Time
1	93	Olive Endacott	City of Plymouth AC	U11G	12.2
2	130	Holly Reid	Tamar Trotters	U11G	12.4
3	92	Grace Ward	City of Plymouth AC	U11G	13.6
4	99	Primrose Morrall	City of Plymouth AC	U11G	14.2
5	100	Maggie Morrall	City of Plymouth AC	U11G	14.2
6	44	Lara Dix	Tavistock AC	U11G	14.5

75m Heat 2**U11 Girls****Wind: - 1.1**

Pos	Num	Name	Club		Time
1	21	Poppy Northcott	City of Plymouth AC	U11G	11.8
2	19	Mia Endacott	City of Plymouth AC	U11G	12.8
3	147	Ella Ogle	City of Plymouth AC	U11G	13.5
4	170	Saskia Brisley	City of Plymouth AC	U11G	13.8
5	49	Lilli-Anna Nudd	Erme Valley Harriers	U11G	13.9
6	81	Kareena Bijou	Torbay AC	U11G	14.0

75m Heat 1**U11 Boys****Wind: - 1.5**

Pos	Num	Name	Club		Time
1	112	Joshua Taylor	Torbay AC	U11B	11.5
2	22	Nicolas Maczugowski	Tavistock AC	U11B	11.8
3	52	Angus Harris	Erme Valley Harriers	U11B	12.1
4	95	Henry Birchall	Exeter Harriers	U11B	13.3
5	96	William Birchall	Exeter Harriers	U11B	13.7

<u>75m Heat 2</u>		<u>U11 Boys</u>	<u>Wind: -1.9</u>		
Pos	Num	Name	Club		Time
1	32	Fraser Abbiss	Newquay & Par	U11B	12.7
2	73	Daniel Childs	City of Plymouth AC	U11B	12.7
3	169	Sebastian Brisley	City of Plymouth AC	U11B	13.9
4	166	Daniel Adderley	Erme Valley Harriers	U11B	14.0
5	135	Joshua Smith	Exeter Harriers	U11B	15.2

<u>100m Heat 1</u>		<u>U13 Girls</u>	<u>Wind: +0.6</u>		
Pos	Num	Name	Club		Time
1	128	Lin Lognon	Heles School	U13G	14.6
2	82	Estelle Roots	Torbay AC	U13G	14.6
3	98	Bea Oliver-Stevens	Exeter Harriers	U13G	15.7
4	127	Jasmine Bond	Heles School	U13G	16.9
5	48	Ellie Jarman	City of Plymouth AC	U13G	17.3

<u>100m Heat 2</u>		<u>U13 Girls</u>	<u>Wind: -0.4</u>		
Pos	Num	Name	Club		Time
1	5	Lili (Aliyah) Fern	City of Plymouth AC	U13G	14.0
2	75	Janea Oligan	City of Plymouth AC	U13G	14.0
3	143	Mali Heard	City of Plymouth AC	U13G	14.5
4	77	Neve Dann		U13G	14.9
5	51	Kaitlyn Berry	City of Plymouth AC	U13G	15.7
6	62	Grace Wonnacott	Tavistock AC	U13G	16.2

<u>100m Heat 1</u>		<u>U13 Boys</u>	<u>Wind: -1.1</u>		
Pos	Num	Name	Club		Time
1	30	Max Port	Plymstock RR	U13B	14.9
2	151	Dan Bevan	City of Plymouth AC	U13B	15.5
3	133	David Littlejohns	City of Plymouth AC	U13B	15.5
4	119	Jonathan Green	Erme Valley Harriers	U13B	16.5

<u>100m Heat 2</u>		<u>U13 Boys</u>	<u>Wind: -0.9</u>		
Pos	Num	Name	Club		Time
1	114	Joe Wheeler	Tavistock AC	U13B	14.5
2	45	Jacob Holland	Tavistock AC	U13B	16.1
3	80	Billy Harker	Torbay AC	U13B	16.7

<u>100m Heat 1</u>		<u>U15 Girls</u>	<u>Wind: -1.1</u>		
Pos	Num	Name	Club		Time
1	120	Amber Brown	Newton Abbot AC	U15G	14.0
2	152	Georgia Davies	Torbay AC	U15G	14.2
3	107	Tayla James	Tavistock AC	U15G	14.4
4	111	Macy Austin	City of Plymouth AC	U15G	14.7
5	25	Alisha Jarvis	City of Plymouth AC	U15G	14.8
6	11	Sarah Mayne	Plympton Academy	U15G	15.0

<u>100m Heat 2</u>		<u>U15 Girls</u>	<u>Wind: -0.9</u>		
Pos	Num	Name	Club		Time
1	26	Lucy Allen	Newquay & Par	U15G	14.0
2	106	Emily Lumley	Tavistock AC	U15G	14.2
3	56	Summer Dawe	City of Plymouth AC	U15G	14.2
4	13	Libby Pender	City of Plymouth AC	U15G	14.9
5	101	Samara Wright	City of Plymouth AC	U15G	16.0

6	65	Sophie Maggi-Connor	Newton Abbot AC	U15G	16.2
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100m Heat 3

U15 Girls

Wind: -1.8

Pos	Num	Name	Club		Time
1	140	Paige Johnson	Erme Valley Harriers	U15G	14.0
2	16	Gabrielle Forward	City of Plymouth AC	U15G	14.5
3	155	Abbie Freeman	Exeter Harriers	U15G	14.9
4	148	Lily Green	Erme Valley Harriers	U15G	15.8
5	122	Lily Milnes	Torbay AC	U15G	17.0
6	40	Isadora Oliver-Davidson	Newton Abbot AC	U15G	17.1

100m Heat 4

U17 Women

Wind: -1.6

Pos	Num	Name	Club		Time
1	118	Ruth Green	Erme Valley Harriers	U15G	13.9
2	34	Mia Mytton	City of Plymouth AC	U15G	14.5
3	57	Lucy McGuire	Tavistock AC	U15G	14.6
4	121	Hanna Ulvede	Newton Abbot AC	U15G	14.9
5	124	Maddy Vasey	Torbay AC	U15G	16.2

100m

U15 Boys

Wind: -1.4

Pos	Num	Name	Club		Time
1	97	Kit Oliver-Stevens	Exeter Harriers	U15B	12.5
2	39	Ben Foster	City of Plymouth AC	U15B	12.7
3	36	Danny Filewod	City of Plymouth AC	U15B	13.4
4	38	Henry Curtis	City of Plymouth AC	U15B	13.5
5	131	Daniel Carr	City of Plymouth AC	U15B	14.7

100m Heat 1

U17 Women

Wind: -0.1

Pos	Num	Name	Club		Time
1	88	Emily Frost	City of Plymouth AC	U17W	13.7
2	90	Tanya Brown	City of Plymouth AC	U17W	14.0
3	55	Olivia Kinnear	Tavistock AC	U17W	14.1
4	42	Caitlyn Price	City of Plymouth AC	U17W	15.0

100m Heat 2

U17 Women

Wind: -1.2

Pos	Num	Name	Club		Time
1	113	Megan Webber	Torbay AC	U17W	13.0
2	87	Grace Preston	Liverpool Harriers	U17W	13.1
3	108	Isabella Focone	City of Plymouth AC	U17W	13.8
4	89	Beth Way	City of Plymouth AC	U17W	14.3

100m Heat 1

Women

Wind: -3.4

Pos	Num	Name	Club		Time
1	83	Rebecca Roots	Torbay AC	U20W	13.0
2	64	Hannah Smith	Cornwall AC	SW	13.3
3	85	Courtney Weston	City of Plymouth AC	U20W	13.9
4	28	Lucy Kevern	City of Plymouth AC	U20W	14.2
5	159	Noelle Knight	Exeter Uni (Falmouth)	SW	15.2

<u>100m Heat 2</u>		<u>Women</u>	<u>Wind: - 2.2</u>		
Pos	Num	Name	Club		Time
1	35	Tamzin Gribble	City of Plymouth AC	F35	15.6
2	31	Emma Burton	Cornwall AC	VW	15.9
3	171	Judith Chikale	City of Plymouth AC	SW	16.0
4	47	Sarah Holland	Tavistock AC	F40	17.7

<u>100m</u>		<u>U17 Men</u>	<u>Wind: - 2.2</u>		
Pos	Num	Name	Club		Time
1	41	Callum Oliver-Davidson	Newton Abbot AC	U17M	12.6
2	150	Cedric Loeser	City of Plymouth AC	U17M	13.1
3	102	Alex Wright	City of Plymouth AC	U17M	13.8
4	103	Samuel Jose	Cornwall AC	U17M	14.1

<u>100m Heat 1</u>		<u>Men</u>	<u>Wind: - 1.4</u>		
Pos	Num	Name	Club		Time
1	162	Jamal Clarke	Exeter Uni (Falmouth)	SM	11.5
2	9	Jonathan LeGrange	UPAC	SM	11.6
3	110	Brook Adnitt	City of Plymouth AC	SM	11.8
4	161	Aaron Miller	City of Plymouth AC	SM	12.3

<u>100m Heat 2</u>		<u>Men</u>	<u>Wind: - 1.2</u>		
Pos	Num	Name	Club		Time
1	156	Ross Palin	City of Plymouth AC	U20M	12.6
2	17	Luca Surface		SM	12.7
3	76	Sam Hamilton	City of Plymouth AC	U20M	13.3

<u>100m Heat 2</u>		<u>Men & Wheelchair</u>	<u>Wind: - 1.4</u>		
Pos	Num	Name	Club		Time
1	29	Jerry Kevern	City of Plymouth AC	M45	13.3
2	2	Steve Clemo	Newquay & Par	M50	14.7
3	7	Michael Dugan	Cornwall AC	M70	15.1
4	144	Steve Waddington	South Devon AC	M65	16.2
5	176	Doaa Shayea T54	City of Plymouth AC	U20W	21.0

<u>150m Heat 1</u>		<u>U11 Girls</u>	<u>NWR</u>		
Pos	Num	Name	Club		Time
1	20	Rosie Northcott	City of Plymouth AC	U11G	23.2
2	69	Bella May	Erme Valley Harriers	U11G	26.0
3	139	Amber Ridgway	Torbay AC	U11G	26.4
4	92	Grace Ward	City of Plymouth AC	U11G	26.7
5	81	Kareena Bijou	Torbay AC	U11G	29.6

<u>150m Heat 2</u>		<u>U11 Girls</u>	<u>NWR</u>		
Pos	Num	Name	Club		Time
1	147	Ella Ogle	City of Plymouth AC	U11G	26.8
2	117	Honey Buckingham	Torbay AC	U11G	27.6
3	170	Saskia Brisley	City of Plymouth AC	U11G	27.7
4	138	Holly Ridgway	Torbay AC	U11G	31.0

<u>150m</u>		<u>U11 Boys</u>	<u>NWR</u>		
Pos	Num	Name	Club		Time
1	112	Joshua Taylor	Torbay AC	U11B	21.9
2	32	Fraser Abbiss	Newquay & Par	U11B	25.6
3	179	Alasdair Taylor	Cornwall AC	U11B	26.5
4	169	Sebastian Brisley	City of Plymouth AC	U11B	27.2

<u>150m Heat 1</u>		<u>U13 Girls</u>	<u>NWR</u>		
Pos	Num	Name	Club		Time
1	75	Janea Oligan	City of Plymouth AC	U13G	21.2
2	128	Lin Lognon	Heles School	U13G	21.6
3	143	Mali Heard	City of Plymouth AC	U13G	21.6
4	173	Emily Churchill	Newton Abbot AC	U13G	22.1
5	178	Isobel Taylor	Cornwall AC	U13G	23.2
6	127	Jasmine Bond	Heles School	U13G	26.7

<u>150m Heat 2</u>		<u>U13 Girls</u>	<u>NWR</u>		
Pos	Num	Name	Club		Time
1	12	Elysia Morris	City of Plymouth AC	U13G	21.8
2	51	Kaitlyn Berry	City of Plymouth AC	U13G	23.8
3	86	Emily Adcock	Exeter Harriers	U13G	24.0
4	62	Grace Wonnacott	Tavistock AC	U13G	25.0
5	149	Emma Luckham	Tavistock AC	U13G	25.3
6	145	Nina Trachet	City of Plymouth AC	U11G	26.4

<u>150m</u>		<u>U13 Boys</u>	<u>NWR</u>		
Pos	Num	Name	Club		Time
1	104	Isaac Ketterer	Newquay & Par	U13B	21.4
2	164	Matthew Jenkins	Tavistock AC	U13B	27.6

<u>200m</u>		<u>U15 Girls</u>	<u>Wind: + 1.7</u>		
Pos	Num	Name	Club		Time
1	118	Ruth Green	Erme Valley Harriers	U15G	28.2
2	57	Lucy McGuire	Tavistock AC	U15G	29.8
3	16	Gabrielle Forward	City of Plymouth AC	U15G	30.3
4	116	Lily Bates	Torbay AC	U15G	30.4
5	124	Maddy Vasey	Torbay AC	U15G	33.5

<u>200m</u>		<u>U15 Girls & Wheelchair</u>	<u>Wind: + 1.9</u>		
Pos	Num	Name	Club		Time
1	107	Tayla James	Tavistock AC	U15G	29.0
2	25	Alisha Jarvis	City of Plymouth AC	U15G	30.3
3	11	Sarah Mayne	Plympton Academy	U15G	31.1
4	123	Josie Ratcliff	Torbay AC	U15G	33.2
5	176	Doaa Shayea T54	City of Plymouth AC	U20W	37.3
6	122	Lily Milnes	Torbay AC	U15G	37.5

<u>200m</u>		<u>U15 Boys</u>	<u>Wind: + 1.8</u>		
Pos	Num	Name	Club		Time
1	97	Kit Oliver-Stevens	Exeter Harriers	U15B	24.7
2	39	Ben Foster	City of Plymouth AC	U15B	25.7
3	36	Danny Filewod	City of Plymouth AC	U15B	26.3
4	174	Jamie Frost	Erme Valley Harriers	U15B	31.4
5	163	Myles Begley	Torbay AC	U15B	31.7

<u>200m</u>		<u>U17 Women</u>	<u>Wind: + 1.9</u>		
Pos	Num	Name	Club		Time
1	113	Megan Webber	Torbay AC	U17W	26.3
2	18	Molly Mather	City of Plymouth AC	U17W	27.8
3	188	Holly Kinsey	Tavistock AC	U17W	28.0
4	55	Olivia Kinnear	Tavistock AC	U17W	28.2
5	89	Beth Way	City of Plymouth AC	U17W	29.8

<u>200m</u>		<u>Women</u>	<u>Wind: + 2.7</u>		
Pos	Num	Name	Club		Time
1	64	Hannah Smith	Cornwall AC	SW	26.9
2	129	Emily Joseph	Torbay AC	U20W	27.6
3	187	Jade Kinsey	Tavistock AC	U20W	27.8
4	171	Judith Chikale	City of Plymouth AC	SW	32.9

<u>200m</u>		<u>U17 Men</u>	<u>Wind: + 1.6</u>		
Pos	Num	Name	Club		Time
1	41	Callum Oliver-Davidson	Newton Abbot AC	U17M	24.6
2	197	Lee Dart	Exeter Harriers	U17M	25.9
3	150	Cedric Loeser	City of Plymouth AC	U17M	26.0
4	102	Alex Wright	City of Plymouth AC	U17M	28.0

<u>200m Heat 1</u>		<u>Men</u>	<u>Wind: + 2.5</u>		
Pos	Num	Name	Club		Time
1	162	Jamal Clarke	Exeter Uni (Falmouth)	SM	23.0
2	9	Jonathan LeGrange	UPAC	SM	23.6
3	110	Brook Adnitt	City of Plymouth AC	SM	23.7
4	186	Hayden Fey	Torbay AC	U20M	25.2
5	153	Daniel Newland	City of Plymouth AC	SM	26.1

<u>200m Heat 2</u>		<u>Men</u>	<u>Wind: + 2.5</u>		
Pos	Num	Name	Club		Time
1	29	Jerry Kevern	City of Plymouth AC	M45	27.4
2	2	Steve Clemo	Newquay & Par	M50	30
3	37	Stephen Blackford	City of Plymouth AC	VM	31.2
4	144	Steve Waddington	South Devon AC	M65	33.4

<u>300m</u>		<u>U15 Girls</u>			
Pos	Num	Name	Club		Time
1	195	Olivia Travers	Erme Valley Harriers	U15G	46.7
2	152	Georgia Davies	Torbay AC	U15G	47.6
3	116	Lily Bates	Torbay AC	U15G	47.7
4	74	Emily Childs	City of Plymouth AC	U15G	52.0

<u>300m</u>		<u>U15 Boys & U17 Women</u>			
Pos	Num	Name	Club		Time
1	113	Megan Webber	Torbay AC	U17W	41.4
2	146	Oliver Woodmason	Tavistock AC	U15B	45.0
3	174	Jamie Frost	Erme Valley Harriers	U15B	48.5
4	163	Myles Begley	Torbay AC	U15B	49.2

<u>400m Race 1</u>					
Pos	Num	Name	Club		Time

1	79	Jake Harker	Torbay AC	U17M	61.4
2	102	Alex Wright	City of Plymouth AC	U17M	65.9
3	165	Christopher Mace		U17M	73.8
4	176	Doaa Shayea T54	City of Plymouth AC	U20W	76.7

400m Race 2

Pos	Num	Name	Club		Time
1	162	Jamal Clarke	Exeter Uni (Falmouth)	SM	52.0
2	154	Nathan Brown	Erme Valley Harriers	U20M	54.0
3	153	Daniel Newland	City of Plymouth AC	SM	58.8
4	76	Sam Hamilton	City of Plymouth AC	U20M	59.3
5	125	Nick Daniels	Taunton AC	M40	63.1

400m Race 3

Pos	Num	Name	Club		Time
1	83	Rebecca Roots	Torbay AC	U20W	62.4
2	187	Jade Kinsey	Tavistock AC	U20W	63.8
3	189	Joely Bytheway	Tavistock AC	U20W	65.6

600m

U13 Girls & Boys

Pos	Num	Name	Club		Time
1	78	Ella Isaias	Erme Valley Harriers	U13G	1.53.8
2	133	David Littlejohns	City of Plymouth AC	U13B	1.57.8
3	178	Isobel Taylor	Cornwall AC	U13G	1.58.7
4	149	Emma Luckham	Tavistock AC	U13G	2.04.7
5	82	Estelle Roots	Torbay AC	U13G	2.06.4
6	132	Matthew Newton	City of Plymouth AC	U13B	2.08.2
7	80	Billy Harker	Torbay AC	U13B	2.12.3
8	115	Harvey Bates	Torbay AC	U13B	2.21.4
9	48	Ellie Jarman	City of Plymouth AC	U13G	2.36.3

600m

U11 Girls

Pos	Num	Name	Club		Time
1	21	Poppy Northcott	City of Plymouth AC	U11G	2.02.8
2	130	Holly Reid	Tamar Trotters	U11G	2.09.6
3	93	Olive Endacott	City of Plymouth AC	U11G	2.13.5
4	139	Amber Ridgway	Torbay AC	U11G	2.17.0
5	69	Bella May	Erme Valley Harriers	U11G	2.19.7
6	19	Mia Endacott	City of Plymouth AC	U11G	2.23.6
7	44	Lara Dix	Tavistock AC	U11G	2.25.8
8	99	Primrose Morrall	City of Plymouth AC	U11G	2.27.7
9	100	Maggie Morrall	City of Plymouth AC	U11G	2.34.2

600m

U11 Boys

Pos	Num	Name	Club		Time
1	22	Nicolas Maczugowski	Tavistock AC	U11B	2.00.0
2	32	Fraser Abbiss	Newquay & Par	U11B	2.02.4
3	52	Angus Harris	Erme Valley Harriers	U11B	2.06.5
4	95	Henry Birchall	Exeter Harriers	U11B	2.12.0
5	179	Alasdair Taylor	Cornwall AC	U11B	2.13.8
6	96	William Birchall	Exeter Harriers	U11B	2.16.5
7	73	Daniel Childs	City of Plymouth AC	U11B	2.17.8
8	105	Aiden Patterson	City of Plymouth AC	U11B	2.24.3
9	166	Daniel Adderley	Erme Valley Harriers	U11B	2.34.7

800m Graded Race 1

Pos	Num	Name	Club		Time
1	174	Jamie Frost	Erme Valley Harriers	U15B	2.35.4
2	165	Christopher Mace		U17M	2.37.8
3	74	Emily Childs	City of Plymouth AC	U15G	2.46.8
4	123	Josie Ratcliff	Torbay AC	U15G	2.49.1
5	180	Bethany Donovan	City of Plymouth AC	U17W	3.04.2

800m Graded Race 2

Pos	Num	Name	Club		Time
1	125	Nick Daniels	Taunton AC	M40	2.22.2
2	172	Clarissa Nicholls	Tavistock AC	U17W	2.35.7
3	116	Lily Bates	Torbay AC	U15G	2.35.9
4	163	Myles Begley	Torbay AC	U15B	2.35.9
5	168	Lotte Taylor	North Devon AC	U15G	2.37.5
6	27	Ellie Kevern	City of Plymouth AC	U15G	2.45.2

800m Graded Race 3

Pos	Num	Name	Club		Time
1	66	John Porter	Plymouth Harriers	M45	2.14.5
2	109	Liam Hallows	Erme Valley Harriers	U20M	2.18.2
3	134	Jenny Milburn	Tavistock AC	U17W	2.22.4
4	146	Oliver Woodmason	Tavistock AC	U15B	2.26.8

1500m Graded

Pos	Num	Name	Club		Time
1	154	Nathan Brown	Erme Valley Harriers	U20M	4.23.4
2	186	Hayden Fey	Torbay AC	U20M	4.26.1
3	142	Michael Barton	Tavistock AC	U17M	4.33.2
4	197	Lee Dart	Exeter Harriers	U17M	4.36.1
5	33	Heidi Tregenza	Cornwall AC	SW	4.48.5
6	109	Liam Hallows	Erme Valley Harriers	U20M	4.48.5
7	198	Caitlin Apps	Exeter Harriers	U17W	4.54.7
8	196	Natasha Farrington	Tavistock AC	U17W	4.58.5
9	199	Tilly McDowell	Tavistock AC	U15G	5.28.6
10	194	Lauren Webster	Newquay & Par	U15G	5.30.6
11	43	Ewan Dix	Tavistock AC	U13B	5.48.8

3000m

Pos	Num	Name	Club		Time
1	66	John Porter	Plymouth Harriers	M45	9.37.0
2	59	Simon Anderson	City of Plymouth AC	M50	9.45.2
3	60	John Cooper	Plymouth Harriers	SM	9.54.7
4	33	Heidi Tregenza	Cornwall AC	SW	10.20.6
5	94	Courtney Howard	Exeter Harriers	U17W	11.26.9
6	63	Jenifer Sabine	Tavistock AC	U20W	11.49.6
7	72	Jim Durston	SWRR	M50	11.51.5
8	8	Jess White	Newton Abbot AC	U15G	13.04.7

4 X 100m Relay

Pos	Num	Name	Club	Time	
1			City of Plymouth AC	U15G	57.1
2			City of Plymouth AC	U13G	60.5
3			EVH/Heles	U15G	61.1
4			Newton Abbot AC	U15G	61.5
5			City of Plymouth AC	U11G	63.3
6			Torbay AC	U15G	64.2

Spring Warm Up 2017 - Field Results

High Jump

Pos	Num	Name	Club	Age Group	Height
1	61	Lucy Walliker	Exeter Harriers	SW	1.60
2	58	Aimee-Leigh Clowes	Tavistock AC	U20W	1.55
3	79	Jake Harker	Torbay AC	U17M	1.55
4	54	Steve Harris	Erme Valley Harriers	M45	1.35
5	37	Stephen Blackford	City of Plymouth AC	VM	1.20

U17 & Senior Men & Women

Discus

All Age Groups

Pos	Num	Name	Club	Age Group	Distance
1	24	Paddy Swan	Cornwall AC	SM	44.58
2	14	David Dawson	Newquay & Par	SM	42.35
3	46	Jonathan Edwards	City of Plymouth AC	SM	39.38
4	23	Josh Tyler	Exeter Harriers	U17M	34.08
5	6	Joseph Schenk	Cornwall AC	SM	25.22
6	71	Amy-Beth Curtis	Exeter Harriers	U17W	25.05
7	104	Isaac Ketterer	Newquay & Par	U13B	20.12
8	53	Bronwyn Harris	Erme Valley Harriers	U15G	16.77
9	10	Zoe Crutchley	City of Plymouth AC	U20W	12.24
10	43	Ewan Dix	Tavistock AC	U13B	12.17
11	70	Kate Rogers	Tavistock AC	F55	10.92

Long Jump

U11 Girls

Pos	Num	Name	Club	Age Group	Distance
1	19	Mia Endacott	City of Plymouth AC	U11G	3.56
2	93	Olive Endacott	City of Plymouth AC	U11G	3.43
3	20	Rosie Northcott	City of Plymouth AC	U11G	3.31
4	139	Amber Ridgway	Torbay AC	U11G	2.97
5	68	Murren Mockett	City of Plymouth AC	U11G	2.91
6	69	Bella May	Erme Valley Harriers	U11G	2.88
7	99	Primrose Morrall	City of Plymouth AC	U11G	2.76
8	117	Honey Buckingham	Torbay AC	U11G	2.12
9	100	Maggie Morrall	City of Plymouth AC	U11G	2.07
10	138	Holly Ridgway	Torbay AC	U11G	2.04
11	49	Lilli-Anna Nudd	Erme Valley Harriers	U11G	1.63

Long Jump

U11 Boys

Pos	Num	Name	Club	Age Group	Distance
1	22	Nicolas Maczugowski	Tavistock AC	U11B	4.17
2	52	Angus Harris	Erme Valley Harriers	U11B	3.56
3	95	Henry Birchall	Exeter Harriers	U11B	3.02
4	73	Daniel Childs	City of Plymouth AC	U11B	2.90
5	105	Aiden Patterson	City of Plymouth AC	U11B	2.75
6	96	William Birchall	Exeter Harriers	U11B	2.39

Long Jump**U13 Girls**

Pos	Num	Name	Club	Age Group	Distance
1	67	Erin Muldoon	City of Plymouth AC	U13G	3.80
2	12	Elysia Morris	City of Plymouth AC	U13G	3.78
3	173	Emily Churchill	Newton Abbot AC	U13G	3.67
4	5	Lili (Aliyah) Fern	City of Plymouth AC	U13G	3.64
5	143	Mali Heard	City of Plymouth AC	U13G	3.63
6	86	Emily Adcock	Exeter Harriers	U13G	3.56
7	145	Nina Trachet	City of Plymouth AC	U11G	3.17
8	157	Hannah Walker	Tavistock AC	U13G	3.11
9	158	Charlotte Walker	Tavistock AC	U13G	3.01
10	128	Lin Lognon	Heles School	U13G	2.94
11	127	Jasmine Bond	Heles School	U13G	2.84
12	149	Emma Luckham	Tavistock AC	U13G	2.64
13	48	Ellie Jarman	City of Plymouth AC	U13G	2.55

Long Jump**U13 Boys**

Pos	Num	Name	Club	Age Group	Distance
1	30	Max Port	Plymstock RR	U13B	4.02
2	132	Matthew Newton	City of Plymouth AC	U13B	3.95
3	45	Jacob Holland	Tavistock AC	U13B	3.55
4	133	David Littlejohns	City of Plymouth AC	U13B	3.47
5	80	Billy Harker	Torbay AC	U13B	3.38
6	91	Andreas Isaias	City of Plymouth AC	U13B	3.08
7	151	Dan Bevan	City of Plymouth AC	U13B	3.03
8	119	Jonathan Green	Erme Valley Harriers	U13B	3.02
9	164	Matthew Jenkins	Tavistock AC	U13B	2.72
10	115	Harvey Bates	Torbay AC	U13B	2.65

Long Jump**U15 Girls**

Pos	Num	Name	Club	Age Group	Distance
1	120	Amber Brown	Newton Abbot AC	U15G	4.47
2	118	Ruth Green	Erme Valley Harriers	U15G	4.31
3	34	Mia Mytton	City of Plymouth AC	U15G	4.25
4	56	Summer Dawe	City of Plymouth AC	U15G	4.07
5	8	Jess White	Newton Abbot AC	U15G	3.66
6	121	Hanna Ulvede	Newton Abbot AC	U15G	3.60
7	65	Sophie Maggi-Connor	Newton Abbot AC	U15G	3.58
8	111	Macy Austin	City of Plymouth AC	U15G	3.40
9	16	Gabrielle Forward	City of Plymouth AC	U15G	3.35
10	167	Charlotte Adderley	Erme Valley Harriers	U15G	3.34
11	124	Maddy Vasey	Torbay AC	U15G	3.22
12	148	Lily Green	Erme Valley Harriers	U15G	3.15

Long Jump**U15 Boys**

Pos	Num	Name	Club	Age Group	Distance
1	38	Henry Curtis	City of Plymouth AC	U15B	4.92
2	131	Daniel Carr	City of Plymouth AC	U15B	4.44

Shot		<u>U13 & U15 Girls & Boys & U17 Women</u>			
Pos	Num	Name	Club	Age Group	Distance
1	71	Amy-Beth Curtis	Exeter Harriers	U17W	11.27
2	39	Ben Foster	City of Plymouth AC	U15B	9.63
3	106	Emily Lumley	Tavistock AC	U15G	9.52
4	155	Abbie Freeman	Exeter Harriers	U15G	8.82
5	53	Bronwyn Harris	Erme Valley Harriers	U15G	7.82
6	140	Paige Johnson	Erme Valley Harriers	U15G	7.66
7	122	Lily Milnes	Torbay AC	U15G	6.31
8	1	Hannah Clemo	Newquay & Par	U13G	5.01
9	123	Josie Ratcliff	Torbay AC	U15G	5.01
10	164	Matthew Jenkins	Tavistock AC	U13B	4.45
11	158	Charlotte Walker	Tavistock AC	U13G	4.07
12	141	Jade Bailey	Erme Valley Harriers	U13G	3.79
13	119	Jonathan Green	Erme Valley Harriers	U13B	NT

Long Jump		<u>U17, U20 & Senior Men & Women</u>			
Pos	Num	Name	Club	Age Group	Distance
1	162	Jamal Clarke	Exeter Uni (Falmouth)	SM	6.16
2	9	Jonathan LeGrange	UPAC	SM	5.12
3	181	Benjamin Rogers	Tavistock AC	U17M	4.97
4	129	Emily Joseph	Torbay AC	U20W	4.83
5	64	Hannah Smith	Cornwall AC	SW	4.74
6	28	Lucy Kevern	City of Plymouth AC	U20W	4.57
7	79	Jake Harker	Torbay AC	U17M	4.56
8	2	Steve Clemo	Newquay & Par	M50	4.42
9	88	Emily Frost	City of Plymouth AC	U17W	4.35
10	159	Noelle Knight	Exeter Uni (Falmouth)	SW	4.31
11	50	Maisie O'Leary	City of Plymouth AC	U20W	4.18
12	103	Samuel Jose	Cornwall AC	U17M	3.95
13	144	Steve Waddington	South Devon AC	M65	3.69
14	3	Sian Birch	Cornwall AC	U17W	2.61

Hammer		<u>Women</u>			
Pos	Num	Name	Club	Age Group	Distance
1	126	Jacky Brett	Newquay & Par	F50	39.69
2	183	Lois Fileman	Tavistock AC	U17W	38.83
3	185	Clare Taylor	City of Plymouth AC	SW	35.75
4	4	Louisa Henn	Cornwall AC	U20W	29.45
5	10	Zoe Crutchley	City of Plymouth AC	U20W	27.81
6	70	Kate Rogers	Tavistock AC	F55	15.60
7	3	Sian Birch	Cornwall AC	U17W	14.81
8	84	Kayleigh Weston	City of Plymouth AC	U17W	NT

<u>Hammer</u>		<u>Men</u>			
Pos	Num	Name	Club	Age Group	Distance
1	46	Jonathan Edwards	City of Plymouth AC	SM	58.25
2	182	Edward Fileman	Tavistock AC	U15B	40.89
3	14	David Dawson	Newquay & Par	SM	36.74
4	136	Charlie Shipton	Tavistock AC	U20M	35.56
5	175	Clive Thomson	Medway & Maidstone	M65	32.87
6	23	Josh Tyler	Exeter Harriers	U17M	32.17
7	181	Benjamin Rogers	Tavistock AC	U17M	25.29
8	54	Steve Harris	Erme Valley Harriers	M45	13.03

<u>Pole Vault</u>		<u>All Age Groups</u>			
Pos	Num	Name	Club	Age Group	Height
1	26	Lucy Allen	Newquay & Par	U15G	3.20
2	15	Noah Jones	City of Plymouth AC	U13B	2.60

<u>Vortex</u>		<u>U11 Girls & Boys</u>			
Pos	Num	Name	Club	Age Group	Distance
1	52	Angus Harris	Erme Valley Harriers	U11B	30.63
2	92	Grace Ward	City of Plymouth AC	U11G	17.11
3	68	Murren Mockett	City of Plymouth AC	U11G	11.88
4	147	Ella Ogle	City of Plymouth AC	U11G	8.38

<u>High Jump</u>		<u>U13 & U15 Girls & Boys</u>			
Pos	Num	Name	Club	Age Group	Height
1	160	Sam Brereton	Newquay & Par	U15B	1.85
2	65	Sophie Maggi-Connor	Newton Abbot AC	U15G	1.40
3	78	Ella Isaias	Erme Valley Harriers	U13G	1.40
4	53	Bronwyn Harris	Erme Valley Harriers	U15G	1.35
5	86	Emily Adcock	Exeter Harriers	U13G	1.30
6	192	Rebecca Eadie	City of Plymouth AC	U15G	1.30
7	67	Erin Muldoon	City of Plymouth AC	U13G	1.25
8	8	Jess White	Newton Abbot AC	U15G	1.20
9	120	Amber Brown	Newton Abbot AC	U15G	1.20
10	157	Hannah Walker	Tavistock AC	U13G	1.10
11	43	Ewan Dix	Tavistock AC	U13B	1.10
12	115	Harvey Bates	Torbay AC	U13B	0.95
13	11	Sarah Mayne	Plympton Academy	U15G	NH

<u>Javelin</u>		<u>U13,U15 Girls & Boys & U17W</u>			
Pos	Num	Name	Club	Age Group	Distance
1	15	Noah Jones	City of Plymouth AC	U13B	27.13
2	104	Isaac Ketterer	Newquay & Par	U13B	26.47
3	190	Daniel Norton	Erme Valley Harriers	U15B	17.40
4	155	Abbie Freeman	Exeter Harriers	U15G	15.27
5	140	Paige Johnson	Erme Valley Harriers	U15G	14.90
6	40	Isadora Oliver-Davidson	Newton Abbot AC	U15G	13.84
7	1	Hannah Clemo	Newquay & Par	U13G	13.44
8	158	Charlotte Walker	Tavistock AC	U13G	10.43
9	141	Jade Bailey	Erme Valley Harriers	U13G	7.35

Shot		<u>U17, U20 & Senior Men & Women</u>			
Pos	Num	Name	Club	Age Group	Distance
1	24	Paddy Swan	Cornwall AC	SM	13.75
2	14	David Dawson	Newquay & Par	SM	13.47
3	23	Josh Tyler	Exeter Harriers	U17M	11.76
4	126	Jacky Brett	Newquay & Par	F50	10.21
5	185	Clare Taylor	City of Plymouth AC	SW	9.28
6	6	Joseph Schenk	Cornwall AC	SM	8.24
7	4	Louisa Henn	Cornwall AC	U20W	8.07
8	129	Emily Joseph	Torbay AC	U20W	7.62
9	54	Steve Harris	Erme Valley Harriers	M45	7.56
10	144	Steve Waddington	South Devon AC	M65	7.21
11	137	Lee Shipton	Tavistock AC	U17M	6.76
12	159	Noelle Knight	Exeter Uni (Falmouth)	SW	6.47
13	193	Ben Bristow	Erme Valley Harriers	U17M	5.02
14	10	Zoe Crutchley	City of Plymouth AC	U20W	4.40

Triple Jump		<u>All Age Groups</u>			
Pos	Num	Name	Club	Age Group	Distance
1	181	Benjamin Rogers	Tavistock AC	U17M	10.93
2	190	Daniel Norton	Erme Valley Harriers	U15B	9.69

Javelin		<u>U17, U20 & Senior Men & Women</u>			
Pos	Num	Name	Club	Age Group	Distance
1	184	Conor Martin	City of Plymouth AC	SM	56.08
2	177	Connor Drew	Cornwall AC	U17M	50.98
3	71	Amy-Beth Curtis	Exeter Harriers	U17W	30.72
4	193	Ben Bristow	Erme Valley Harriers	U17M	15.04
5	3	Sian Birch	Cornwall AC	U17W	10.44

Spring Warm Up 2017 - QuadKids Results

Points adjusted for long jump instead of standing long jump

U8 Boys & Girls

Pos	Num	Name	50m	Long Jump	Vortex	400m	Points
1	403	Matty Mbo	8.5	2.44	21.70	1.23.8	190
2	407	Harry Bedford Smith	9.8	2.57	14.60	1.34.9	155
3	402	Dylan Hopkin	10.0	2.32	14.80	1.40.7	141
4	419	George Endacott	9.9	2.24	6.10	1.35.7	128
5	418	Sophia Martin	10.1	2.04	7.40	1.37.1	122
6	404	Heidi Abbiss	10.3	2.28	5.10	1.39.5	120
7	422	Scarlet Weston	10.0	2.04	6.40	1.45.7	113
8	408	Poppy Stacey	10.5	1.87	7.30	1.40.9	110
9	412	William Johnson	10.4	2.00	6.30	1.47.2	106
10	415	Zach Parker	10.5	1.90	8.70	1.51.0	105
11	421	Gilby Morrall	11.4	1.78	11.60	1.52.8	97
12	417	Harry Rosson Jones	10.9	2.03	6.60	1.57.1	93
13	424	Lily Whaley Sweet	11.3	1.58	9.40	1.57.9	83
14	420	Elle Birchall	11.4	1.33	3.50	1.41.2	81
15	410	Rio Butler	11.6	1.39	9.90	2.08.3	69
16	405	Emily Gibson	11.8	1.30	5.30	2.00.4	60
17	423	Thomas Pullen	12.5	1.53	5.20	2.15.3	60
18	414	Erin Parker	11.4	1.10	5.20	2.19.7	55
19	401	Evelyn Chudley	12.1	1.46	2.08	2.22.8	53
20	416	Ella Card	13.9	1.09	3.80	2.17.3	46
21	411	Lavinia Rojas	12.9	0.94	4.90	2.25.0	44
22	406	William Gibson	14.0	1.04	3.40	2.18.9	44
23	409	Tilly Stacey	12.8	0.98	3.30	2.07.4	42
24	425	Amelia Blagdon	13.5	0.99	2.30	2.17.0	41
25	413	Emilio Solomon		1.49	4.20		36